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Your essential daily news | WEEKEND, NOVEMBER 4-6, 2016

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Across the Board game café
owner Clinton Skibitzky.
LYLE STAFFORD/FOR METRO



Chosabi owner
Cho Venevongsa.
LYLE STAFFORD/FOR METRO



SERIOUS BUSINESS

Two reasons why the Exchange District is the city's hottest neighbourhood metroNEWS

Bike lanes in need of better snow clearing

TRANSPORTATION

Cyclists raising flags about priority system, equipment



Braeden Jones
Metro | Winnipeg

It may seem insane, but certain cyclists don't mind pedalling all through the winter months—which would be easy if the bike lanes were maintained to their liking.

In Winnipeg, a notorious winter city, that isn't always the case.

Local biking advocate and instructor Dave Elmore said the problem with the city's bike lane-clearing strategy may be a mix of poor policy and the wrong equipment.

"We don't set appropriate priorities, and the equipment is not specific to the needs," he said. "They don't plow them soon enough... when we do plow them, they can be very rough."

Elmore and others would like to see things improve, but the city's director of street maintenance Jim Berezowsky explained his crews do exactly the job council tasked them with—basically clearing paths on the same timeline as the road

they're nearest to, according to council-set priorities.

"In the City of Winnipeg, we have three priority routes... priority one is called our regional network, two is our collector bus route network, and three is our residential neighbourhoods," he said, summarizing the snow-removal hierarchy. "Those pathways adjacent to a certain type of roadway receive the same treatment."

Bishop Grandin Boulevard, for

instance, is a priority one route—so the Bishop Grandin Greenway is cleared tout de suite.

"In other words, our plowing services of those pathways is within 36 hours of a storm event concluding. That's our current policy," Berezowsky said.

But Elmore thinks progressive cities are putting "more priority" on clearing paths sooner.

"If we want to become a good winter city, or (council) wants to get us out in the winter, we have

to approach things in a different way," Elmore said. "Right now, we know the city approaches plowing based on the movement of cars."

An update on a specific winter maintenance strategy for active transportation (AT) is expected at Monday's infrastructure renewal and public works committee meeting after council requested city staff develop terms of reference for such a strategy in March.



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Mayor Brian Bowman speaks with Metro at City Hall about his achievements during his first term as mayor. LYLE STAFFORD/FOR METRO

+ MAYOR Q&A

Brian Bowman opens up
Stephanie Taylor sat down with our mayor to put him on the spot about his passion for Winnipeg, his favourite beer and a councillor that could help him out in a pinch on a deserted island. This interview has been edited for length and clarity.

If you could be mayor of another Canadian city, which city?

There's no other city I want to be mayor of ... Honestly, that's one I have to say I wouldn't want to serve anywhere else.

If you were deserted on an island and there was another councillor that you could pick to help you survive, who would that councillor be?

To help me survive? Well, I guess money wouldn't help so our finance chair is out.

I'd have to say public works 'cause you have to build a lot of stuff, so I'd say Coun. Mary Morantz.

What was the last concert you went to?

Probably Ozzy Osbourne... that was like a year ago.

What's your favourite alcoholic beverage?

Beer ... I'm not really that discriminatory, for me Rickard's Red. I really like Fort Garry.

Farmery's good, too. I just recently discovered some of the other microbreweries.

Bowman talks city 'swagger'

PROGRESS

Happy about marquee events and road fixes, not finances



Stephanie Taylor
Metro | Winnipeg

Just ask Brian Bowman to name one of his biggest accomplishment during his first term as mayor, and the answer will be a familiar one: Fixing the roads.

Winnipeggers have spent the

past two years hearing how damaged the roads are — like we needed the reminder — seeing Bowman's Twitter account peppered with images of freshly poured asphalt streets, telling taxpayers how \$200 million of their money has been spent by the city's 43rd mayor and council.

Bowman, the lawyer-turned-rookie-politician, who brands himself a fiscal Tory with a socially progressive streak, celebrates his two years in office on Friday.

Talking to Bowman one-on-one, the picture he paints is painfully positive, not only of his own performance, but what he calls the city's "swagger."

"There is a confidence that

we're seeing in ourselves, but we're also hearing it nationally and internationally. The way that people are looking at Winnipeg is improving," he said, pointing to what is quickly becoming a longer list of big ticket events hosted by our city, like the recent NHL Heritage Classic.

When he moved into his second-floor office at 510 Main in 2014, Bowman says the city had half a bus rapid transit line, a shattered trust with the public detailed in a few scandal-fuelled audits and, of course, busted roads.

"In the last two years, what we've been able to do is really start moving in the right direc-

tion, and get on the right track in terms of openness and transparency at city hall," he said.

"Openness and transparency": Three words journalists, city hall officials and residents tuning into see the latest developments in municipal politics catch the mayor repeating so often in the meaning of the term is beginning to fade.

Questions have been raised for months now over the planning, timing and even motivations that went into the city's recently adopted growth fees plan, which could now be the subject of a costly court challenge.

Bowman also has his work seriously cut out for him when

it comes to the city's finances.

This year, the city had to close the gap on a \$52-million shortfall, expected to grow by \$35 million each year.

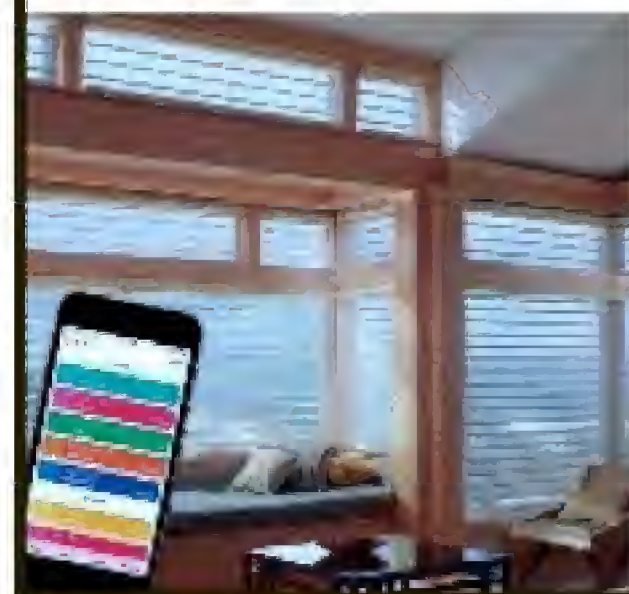
For the next two years, Bowman says he's going to focus on increasing what the city has in the bank by finding efficiencies and undertaking a "greater scrutiny of tax dollars."

So what can residents expect to see when the city's 2017 budget is released in three weeks?

"You'll have to wait and see," Bowman says.

To read the full story with Mayor Brian Bowman, go to metronews.ca/winnipeg.html

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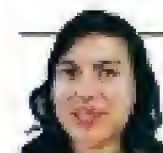


University of Manitoba Faculty Association began a strike and hit the picket lines at the entrance to the university in Winnipeg on Nov. 1. JOHN WOODS/THE CANADIAN PRESS

Picket line spirits 'reasonably high'

UNIVERSITY OF MANITOBA

Chance strike could be over by the weekend



Jessica Botelho-Urbanski
For Metro | Winnipeg

Spirits were high at the University of Manitoba picket lines Thursday, though no final agreement was made at the conciliation table between faculty and administration.

A second day of talks ended in a promise to meet back at the bargaining table come Friday with a provincially-appointed conciliator, according to a U of M news release.

Mark Hudson, president of University of Manitoba Faculty Association (UMFA), said the strike — which began Tuesday and comprises about 1,200 pro-

fessors, instructors and librarians walking off the job — could be over quickly if their employer compromises.

"If there's some movement on (the university's) side, then the strike could be over by the weekend, no question," Hudson said.

He took to the picket line with three generations of family Thursday — his brother, a fellow professor; his dad, a former professor and his 10-year-old son — plus droves of students.

"Some students had taken up a collection and brought us by some coffee and baked stuff and (there were) a lot of friendly honks and waves. So I think on the whole, people are resolved. They're serious, but the spirits on the line are reasonably high," Hudson said.

Ian McDonald, a fifth-year student at U of M who's studying toward his master's degree in philosophy, has been rallying at the picket lines since they began.

A co-founder of the University

of Manitoba Student Action Network, McDonald said he supports the reasons UMFA have declared for striking, which include wants for better job security, more manageable workloads and accurate performance evaluations.

"All I know is that I believe that UMFA members and students that are supporting UMFA are willing to strike for a quality education," he said.

Since McDonald has been at the U of M, he said the philosophy department has lost five professors and replaced one, leaving far less course options. He's considered switching schools.

McDonald said the Student Action Network is beginning to organize teach-ins starting next week on the picket lines, where professors and other community leaders will teach those interested about the underlying systems in society that lead to strikes.

For more info on the strike from both parties, visit umanitoba.ca/strikeinfo and umfa.ca.

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Winnipeg metro NEWS

Rooming house fires lead to action

PROTECTION

Inspections means safer living for city's poorest



**Stephanie
Taylor**
Metro | Winnipeg

A North Point Douglas community activist says annual fire inspections at rooming houses will better protect the city's most vulnerable.

"Substandard housing is going to be hugely diminished in Winnipeg," Sel Burrows told reporters, after a new report went public on Thursday outlining how staff can ensure licensed rooming houses are checked annually.

"This is beyond belief that we're getting this far this fast."

Back in April, councillors Ross Eadie (Mynarski) and Janice Lukes (St. Norbert), requested inspections be done yearly — even though no city bylaw mandates so — citing a history of deadly rooming house fires in the city.

Bier defines rooming houses as residential dwellings that feature a shared bathroom or kitchen for numerous tenants, as opposed to houses that have been converted to self-contained suits and do not share appliances.

She said homes with shared facilities pose a higher risk of fire compared to houses without.

"Since they're sharing kitchen and washroom facilities, some people may bring a hot plate into their bedroom and it's not their intended use," Yee added.

Bier explained some rooms are also the site of criminal activity, such as drug or gang-related happenings, which heightens the danger.



A witness's eye view of a house fire in the 100 block of Austin Street that happened this summer and claimed two lives.

JOSHUA PETERSON / CONTRIBUTED

As of mid-October, the city says it has 217 rooming houses on record as either being licensed, awaiting licensing approval and or are up for renewal.

City counts show crews have responded to four rooming house fires so far this year.

On Thursday, Yee and Bier said the plan is to re-prioritize inspections so that rooming houses are checked annually, while other converted dwellings will be checked every two years.

The pair highlighted that, moving forward, community bylaw officers and fire inspectors would collaborate to give the other department a heads-up on potential infractions.

"This is smart government where a fire inspector goes into a place and he sees broken rail-

ings on the stairway, or sees that the toilet's broken. That gets reported now," Burrows said.

Yee also said 311 would use a new screening process to report illegal or dangerous rooming house situations to the appropriate city department.

Home care workers or health care aides would also start to report hazards they see inside rooming houses during their visits, he added.

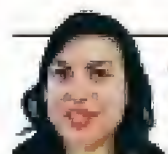
"We in the community can report stuff we see outside — broken windows, broken stairway — their staff go into some of the poorest houses in Winnipeg," Burrows said.

Bier said the city currently employs 12 fire inspectors.

The report also calls for no extra staffing or money to do the annual inspections.

LOCAL POLITICS

Cooking up food council plans



**Jessica
Botelho-Urbanski**
For Metro | Winnipeg

A proposal for a Winnipeg food council will finally land at city hall this month.

Food Matters Manitoba teamed up with the city's urban planning division to come up with the structure for the food council, which has been about four years in the works. They're set to present their report to the standing policy committee on water, waste, riverbank man-

agement and the environment on Nov. 28.

If the proposal passes, it's scheduled to get a second look by the executive policy committee in early December, then city council later that month.

Rob Moquin, policy coordinator for Food Matters, is encouraging Winnipeggers to write their councillors showing support for the idea of a food policy council ahead of the votes.

"We need a centralized body where people can not just only voice their concerns to get heard at the council level in terms

of food policy, but also to do the kind of work required to do research and evaluation on the current food system," he said. "Right now that's being done piecemeal by academics, people at the Winnipeg Regional Health Authority (and) our organization."

According to a plan listed on the city's website, the food council would include members appointed by the city, the province, the Winnipeg Regional Health Authority, the community at large and health, research and business sectors.



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Business booms in Exchange District

TOASTING WINNIPEG

Two specialty eateries win success beyond expectations



Braeden Jones
Metro | Winnipeg

Vogue Magazine recently dubbed Winnipeg's Exchange District "the city's most up-and-coming neighbourhood" and, as two booming businesses in the area can attest, that's no stretch.

Both Cho Venevongsa and Clinton Skibitzky have belonged to the city's business community for the better part of two decades.

Both have newer ventures that achieved such quick success in the Exchange that they merited expansion.

Skibitzky — a managing partner of the DACAPO recording studio for 18 years — opened the game-night café Across the Board just two years ago on Albert Street, but has already outgrown that space with demand far exceeding his expectations.

He said he chose the Exchange for Across the Board because of its proximity to DACAPO, but soon learned it held the potential to be an activity hotspot on its own merits.

"We didn't know what to expect ... when we did open it was very positive, uptake was very quick, and it became clear we would want to do something to facilitate a larger space," he said.

Not just willing to settle for a café menu, his customers were hungry for a chance to hunker down with a full meal and



Clinton Skibitzky at Across the Board...



...and Cho Venevongsa at Chosabi. PHOTOS LYLE STAFFORD/FOR METRO

spend a bit more time there. So Across the Board is moving across the street to a larger space (with a larger kitchen) in the Crocus building.

Staying in the Exchange was key, he explained, because more and more people are drawn there daily, and "it continues to trend that way."

Venevongsa also has found that crowd's desire to grab a healthy, quick lunch in the Exchange surprising.

For the past 17 years, he's been best known for his wasabi restaurants located around Winnipeg, but his "fast casual" fare at Chosabi on King Street was such a hit when it opened in January that he opened a second location by August.

He attributed his success to a winning formula of location,

timing, promotion and a hit signature menu item — the sushi burrito.

While Skibitzky cashes in on the nightlife potential of the Exchange, Venevongsa caters to the business community of downtown and young professionals of the area's famed "Innovation Alley."

Skibitzky's and Venevongsa's respective successes will be jointly celebrated next week at the Winnipeg Chamber of Commerce's "Toasting Winnipeg" breakfast event, when the entrepreneurs will share their tips on running multiple businesses and finding the right audience for unique concepts.

Toasting Winnipeg will be held at Taylor McCaffrey LLP's executive lounge, 400 St. Mary St., from 7:30 a.m. to 9 a.m.



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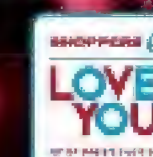
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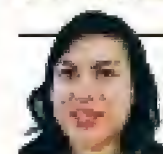
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Jessica
Botelho-Urbanski
For Metro | Winnipeg

Talk about drive.

South India's first female taxi driver has travelled about 13,000 kilometres to be in Winnipeg this weekend to promote a documentary film about her story.

Driving with Selvi chronicles 10 years in the life of Selvi Kunjee Gowda, who got her driver's licence in 2004 and became the first woman in her province to drive a cab.

At age 13, her family sold her as a child bride and she grew estranged from most of her relatives. After running away from her abusive husband a few years later, she wound up at Odanadi, a shelter for girls with the goal of stopping human trafficking. That's where she took driving lessons and met her future documentary director,



Selvi Kunjee Gowda driving her taxi in a still from the 2015 documentary, *Driving with Selvi*.

CONTRIBUTED/EYESFULL PRODUCTIONS

Toronto's Elisa Paloschi, who was volunteering.

Getting behind the wheel gave Kunjee Gowda a sense of freedom she'd never felt before in her life and though initially scared, the risk was worth it, she explained through a Tamil translator.

"Ever since she was born she had been suffering. That had become the norm, so why should she be afraid?" the translator explained.

The director and star will stop in 30 towns in India within 30 days next spring to

screen *Driving with Selvi* for its intended audience. It'll be a bus tour with Kunjee Gowda behind the wheel, of course.

They're crowd funding to support the cross-country trip at go.saveheraseat.com.

Driving with Selvi is playing at the University of Winnipeg's Eckhardt Gramatté Hall at 7 p.m. Friday, as part of the Global Justice Film Festival. Doors open at 6:30 p.m. and tickets are \$10. After the screening, Paloschi and Kunjee Gowda will take audience questions.



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They don't always like what they see or hear but Canadians hoping Donald Trump becomes the next U.S. president believe him to be a straight shooter that will bring economic benefits to Canada in a world severely circumscribed by political correctness.

A President Trump, they say, would provide a potent antidote to what they view as a march toward self-serving big government whose benefactors are moneyed elites.

"A lot of good honest blue-collar people were really thrown under the bus by the elite donor and political class," said Daniel Erikson, 38, a Calgary businessman.



Eli Townsend, 6, dresses like presidential candidate Donald Trump at a rally on Thursday. Some Canadians say Trump would provide a potent antidote to what they view as a march toward self-serving big government. GETTY IMAGES

Trump would provide a strong counterweight to the Liberal government in Ottawa and the NDP government in Alberta that has pushed the economy "almost to the breaking point," Erikson said.

Inevitably, conversations with Trump supporters in Canada turn to an often palpable hostility toward his Democrat rival,

Hillary Clinton.

Andrew Stagg, 31, a Toronto-born Canadian software engineer who lived most of his life in Calgary, said his antipathy toward Clinton stems from his Christian-based opposition to abortion, and the email and other scandals that have dogged her.

Clinton also poses a threat to

gun rights, said Stagg, who now lives in the U.S. On the other hand, he said, Trump has committed to appointing Supreme Court justices who favour those rights.

"That is one of the most important liberties that American citizens and residents have, and something that I think is missing in Canada," Stagg said.

Trump supporters in Canada, according to recent polls, are by far in the minority, with fewer than one in five saying they would cast ballots for him if they could.

The vast majority would back Clinton, a position Manny Montenegro, a one-time adviser to former Conservative prime minister Stephen Harper, said left him "dumbfounded."

Win or lose next week, few can argue with the fact that Trump has run a remarkable campaign that catapulted him from a long-shot contender for the Republican nomination to possible president.

THE CANADIAN PRESS

ANALYSIS

Keeping the score on PM's promises



Ryan Tumilty
Metro | Ottawa

One year since he became prime minister and Justin Trudeau has fulfilled some of his promises, is still working on many and has broken others, according to an independent, non-partisan website that has been tracking his progress.

Calgary-based IT consultant Dom Bernard and some of his colleagues built the website www.trudeaumetre.ca, which tracks

what the prime minister has done compared to his promises.

Trudeau made 219 promises during last year's marathon federal election campaign, according to the website. The Trudeau Metre shows the prime minister achieved 34 of those promises as of Thursday. The site shows 64 promises are still in progress, 95 haven't been started yet and 26 have been broken.

Many of the individual promises have generated lengthy discussions in the comment section of the website and Bernard said that's exactly what they hoped.

HEALTH

Liquid fentanyl found by police a 'game changer'

A police force in Ontario is revamping the way officers handle street drugs after learning that a substance seized during a drug raid was liquid fentanyl, a highly powerful opioid easily absorbed through the skin.

Hamilton police Det. Const. Adam Brown said he and other officers came across a vial of the drug

during a raid in May, but at the time they believed it contained GHB — also known as a date-rape drug.

Liquid fentanyl is believed to be more powerful than the powder form, which is believed to have led to more than 1,000 fentanyl-related deaths across the country, although Canada lacks an accurate central database of overdoses.

THE CANADIAN PRESS

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The politics of abortion

Rosemary Westwood relocates from Canada to the United States in the midst of the most unusual presidential election ever. She chronicles her observations in a weekly column for Metro.

ROSEMARY WESTWOOD
From the U.S.



A week before the U.S. presidential election, I visited the New Orleans Planned Parenthood clinic.

It sits nestled between residential streets, and along a wide, four-lane city artery. The new facility (updated from more humble digs in a shotgun house) opened in spring, and it's friendly, clean, and oddly quiet.

It was a Tuesday, so the regular pro-life Friday protesters weren't around, one clinic worker told me. Another group had just finished a biblical-sounding "40 Days of Harassment," she said. "That's what they called it." Patients coming here for sexual and reproductive health care weren't bothered by the daily signs and blocking of the driveway, she added. "They say, 'Those people need a job.'"

Planned Parenthood in Louisiana — which has one other clinic in the state capital of Baton Rouge — doesn't offer abortions (yet, it has plans to apply for the required license).

And other clinics that do perform the procedure have been through a legal see-saw over the past two years, facing one of the proliferating restrictive laws in the Southern U.S. (in this case, one relating to doctors and hospital admitting privileges). The law shuttered some clinics this spring, before the Supreme Court temporarily blocked it in March.

But given Planned Parenthood's prominent role in this election, the protests against a procedure not even being performed at the clinic here make a kind of sense. Planned Parenthood, and Hillary Clinton, have become the most public banner-wavers for abortion rights. And Donald Trump the ill-in-



The Planned Parenthood Action Council holds a rally at the Utah state Capitol, in Salt Lake City. THE ASSOCIATED PRESS

formed, gruesome critic.

Trump's macabre description of a late-term abortion procedure that doesn't even exist during the final presidential debate was only the ghastly tip of a much larger iceberg. Abortion isn't just

a boogeyman of the right wing. It's a legitimately stagnated, divisive issue in this country. The kind of issue that brings Trump back to the traditional right wing, the kind of issue some voters have told reporters will

be the reason they plug their nose and vote for Trump.

For example, while millennials across the political spectrum skew more progressive on issues of race, sexuality, and immigration, they remain divided on abortion, according to the Pew Research Centre. (And — notably — on gun rights.)

The U.S. is increasingly a country of less socially conservative voters, but 41 per cent of American adults continue to believe abortion should be illegal, a statistic largely unchanged for decades. And in Louisiana, it's a political given.

John Bel Edwards, the state's democratic governor (still quite a feat), has been so vocal about his pro-life stance, he's actually won an award for it. He signed the new law that the Supreme Court saw fit to put on hold, of a similar nature to the one struck down this year in Texas, and he signed an-

other law requiring women to wait three days before they can get an abortion. (Women here already have to see a doctor and get an ultrasound 24 hours before a procedure.)

There might have been a Hillary sticker on a car in the Planned Parenthood parking lot, but this is Trump land. Right next door, a pro-life group plans to open its third Louisiana "pregnancy centre" in January, which promises it can "reverse" the effects of the abortion pill midway through the dosage.

That might sound like fringe political efforts to a Canadian, but in America, anti-abortion politics is mainstream. And the election might seem contentious just days away from voters heading to the polls, but if Louisiana had its way, we'd be waking up on Wednesday morning to President Donald Trump.

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At current carbon emission levels, the Arctic will likely be free of sea ice in September around mid-century, which could make weather even more extreme. THE ASSOCIATED PRESS

Study links sea ice to carbon dioxide

CLIMATE CHANGE

'It might just be rather simple,' scientist says

New research is cutting through the confusion on disappearing Arctic sea ice by replacing complex computer models with simple math that links everyday activities to the health of Earth's climate regulator.

"It might just be rather simple," said Julianne Stroeve, senior scientist at the National Snow and Ice Data Center in Colorado and professor at University College London.

Her paper, published Thursday in Science magazine, outlines an easy-to-understand relationship between increasing levels of carbon dioxide in the atmosphere and the slow vanishing of summer sea ice in the North.

For every new tonne of CO₂ that enters the atmosphere, says the paper, the southern edge of the sea ice loses another three square metres. That's it.

Or, in the words of the paper: "The 30-year running mean of monthly mean September Arctic sea-ice area is almost linearly related to cumulative anthropogenic CO₂ emissions."

The direct relationship between greenhouse gases and sea-ice retreat has been pointed out before. Stroeve and her co-author Dirk Notz, of Germany's Max Planck Institute, have put hard numbers to it and explained how it works.

In a stable ice pack, the warm-

As a result, the ice retreats northward where there's less solar radiation.

"The ice is migrating to re-establish equilibrium," said Stroeve. Establishing that hard link between CO₂ and sea ice has important consequences.

For years, climate modellers have attempted to pinpoint when summer sea ice is likely to disappear. Stroeve and Notz say the most likely date is sometime around mid-century. That date is important for any number of reasons.

A seasonally open Arctic would ease northern shipping and resource development. It would be catastrophic for plants and animals that live on sea ice, as well as for the people who depend on them.

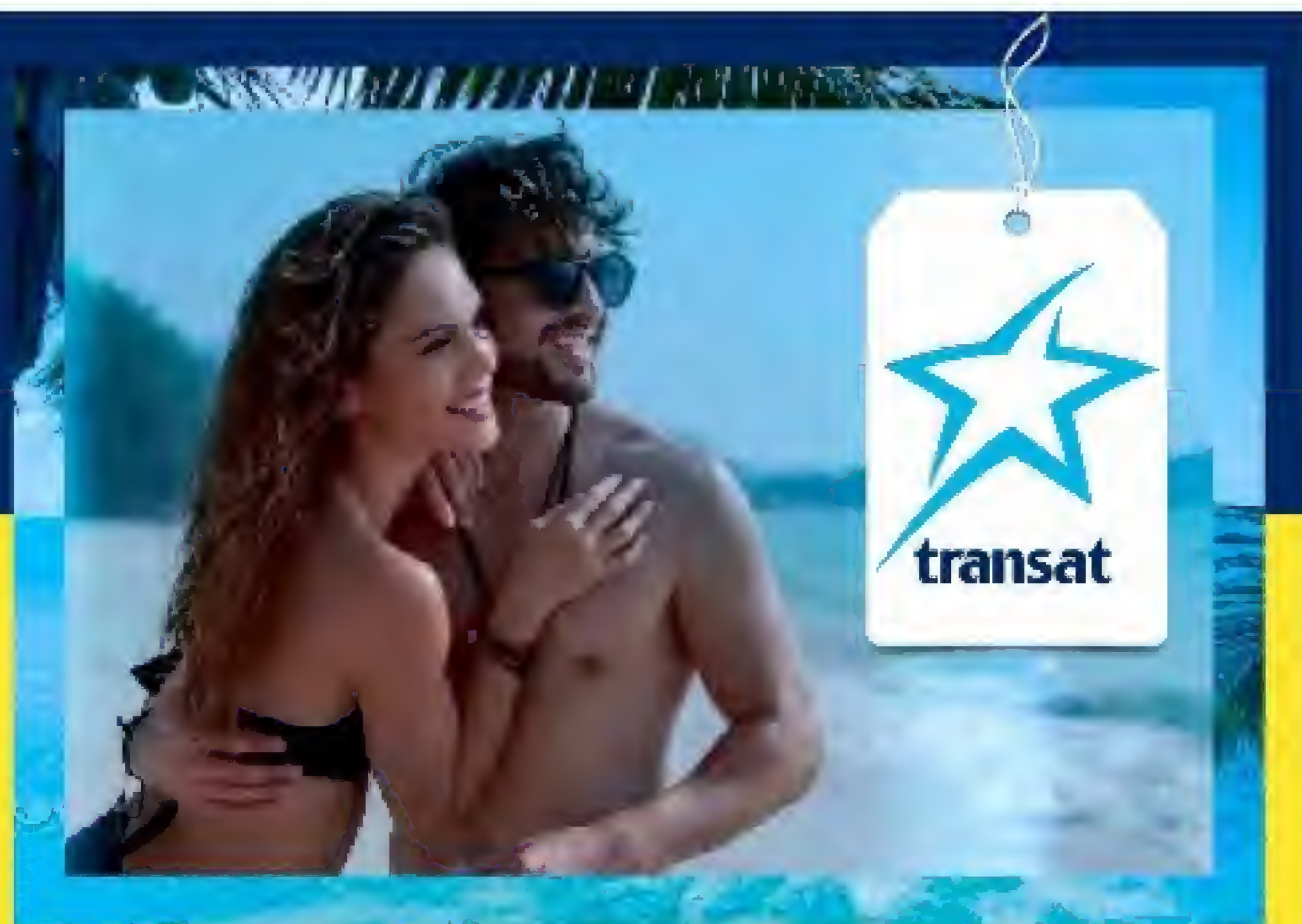
It would also have unknown consequences for climate around the world. Sea ice is often referred to as the Earth's air-conditioning unit and it has been linked to the behaviour of the jet stream, which influences rainfall, drought and extreme instances of both. THE CANADIAN PRESS



We are all ice-dependent species.

Julianne Stroeve

ing effect of infrared radiation generated by the sun is balanced by cold temperatures in the atmosphere. But increasing levels of carbon dioxide prevent those infrared rays from escaping into space.



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INDEPENDENT COMMISSIONER SEEKS PUBLIC INPUT ON MLA PAY

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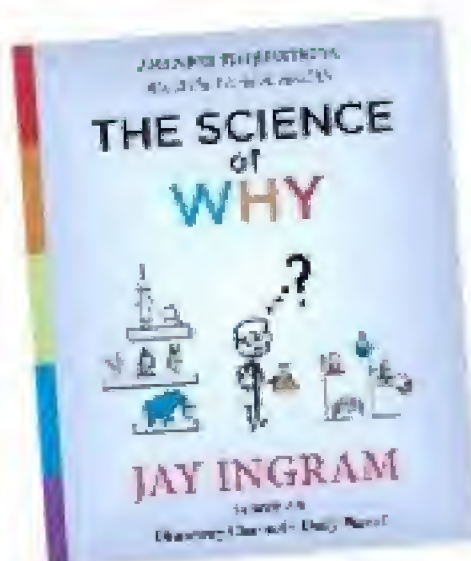
The commissioner, Michael Werier, would like to hear from you before January 16, 2017.

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Current MLA pay, allowances and retirement benefit information can be found at www.reviewcommissioner.mb.ca

BOOK EXCERPT THE SCIENCE OF WHY BY JAY INGRAM



With our respected citizen scientist working on other projects this week, Metro has turned to former **Daily Planet** host **Jay Ingram** to explain time and aging to us. What follows is an excerpt from his new book, **The Science of Why: Answers to Questions About the World Around Us** (Simon & Schuster Canada).

WHY DOES TIME SEEM TO SPEED UP AS WE AGE?

There's no doubt that the vast majority of people feel that time moves faster as they age, but very few of them bother to estimate by how much.

A century ago the great American psychologist William James suggested that as we grow older, and more jaded and worldly, we enjoy fewer remarkable experiences in a year, and so the years become less and less distinct from each other. Another theory suggests that because each successive year is a smaller percentage of one's overall life, it is less significant when weighed against the rest and therefore passes by virtually unnoticed. When you were ten, every year was huge: 10 percent of your life. At age forty, though, one year is only 2.5 percent of your total life.

There's also a phenomenon called forward telescoping. Imagine you're asked when you last saw your aunt and you say, "Uh . . . three years ago?" when it's actually eight

years since you saw her. You've zoomed in time, bringing the past closer than it really is. When someone asks me how long ago an event took place, I double my first estimate, and even then I sometimes underestimate the passage of time. That's forward telescoping.

In the mid-1970s (remember how slowly time passed then?), Robert Lemlich of the University of Cincinnati proposed one significant adjustment to the idea of the apparent passage of time versus reality. He argued that since time is all subjective anyway, years are also subjective. Calculating what percentage of your total life is represented by each passing year is fine, but it's strictly mathematical and so doesn't take into account that each passing year feels shorter as well — it is a smaller part of your total life numerically, but it feels even less than that. It's all in your head, really, so your estimate of the length of a year that has just passed

should be compared not to how long you've lived but to your sense of how long you've lived.

50 per cent of your total life experience will feel locked in by your 20th birthday.

Lemlich created equations to quantify what he meant. Their implications are surprising, even shocking. Let's assume you are a forty-year-old. Lemlich calculated that time would seem to be passing by twice as fast now as it did when you were ten. (Remember how long summer vacation seemed to last?)

But there's more: the numbers tell you that if you're that forty-year-old and you're going to live to eighty, you're halfway through your life by the calendar, but because time seems to be passing ever more

rapidly, Lemlich's math suggests you will feel you have less time left than you actually do. By his calculations, at age forty, you have already lived—subjectively — 71 percent of your life. It gets worse: by the time you're sixty, even though you have twenty years remaining, those twenty years will feel like a mere 13 percent of your life. These numbers are shocking enough, but they take on an even more bizarre twist when you extrapolate them back and ask the question: At what point in our lives have we experienced half of our subjective life? If you're that forty-year-old, you will have experienced half your total subjective life by the time you were 20. Even if you live to a hundred, 50 percent of your total life experience will feel locked in by your 20th birthday.

Lemlich backed up his numbers with experiments. He asked a group of students and adults to estimate how

much slower time seemed to have passed when they were either half or one-quarter their present age. His theory predicted the answers almost exactly: time seemed to have passed only half as fast when they were one-quarter their present age, and about two-thirds as fast when they were half their present age.

Is something else going on in our brains that would change our perception of the passage of time as we age? It might be that our internal clock (and jet lag and shift work demonstrate just how crucial that clock is) runs slower as we age. If your clock now estimates a minute to be three minutes, because it's running slower, then many more events will be packed into that time frame and it will seem that time is passing faster.

An extreme example is the case of a man who, at the age of sixty-six, was admitted to hospital in Düsseldorf. Examination revealed a tumor

in the left frontal lobe of his brain. He'd gone to the hospital because he was finding life unbearable: everything was happening at breakneck speed. He had to stop his car by the side of the road because the traffic was too fast. The television, already manic, was triple-manic, and as a result of this experience, he had begun to withdraw from society. When asked to estimate the passage of sixty seconds, it took him four and a half minutes. Imagine what traffic would look like if four minutes' worth was packed into a minute! What this case suggests is that disruptions to certain parts of the brain alter our perception of the passing of time, and while this particular case was unusual, it's possible that a gradual and minor version of this affects everyone's sense of time passing.

You might be wondering why we're spending time (it's precious!) figuring out equations to account for how we experience time. This kind of data supports what might otherwise seem to be mere impressions like this one by Robert Southey, the poet laureate of England in 1837: "Live as long as you may, the first twenty years are the longest half of your life. They appear so while they are passing; they seem to have been so when we look back on them; and they take up more room in our memory than all the years that succeed them."

FROM THE SCIENCE OF WHY: ANSWERS TO QUESTIONS ABOUT THE WORLD AROUND US BY JAY INGRAM. COPYRIGHT ©2016. REPRINTED BY PERMISSION OF SIMON & SCHUSTER CANADA



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Not so strange for Dr. McAdams

IN FOCUS

Actress preps for medical role long before Marvel

Richard Crouse

For Metro Canada



In an unconscious way Rachel McAdams has been preparing to play Dr. Christine Palmer in Doctor Strange her whole life.

"My mother is a nurse," says the London, Ont.-born actress. "She is a very compassionate kind of nurse and Christine is sort of that way as a doctor. She has an excellent bedside manner as opposed to Doctor Strange. I took a page from my mom."

"I've been talking to her about it for my whole life. She brought her job home sometimes. I picked it up over the years."

Doctor Strange, the 14th film in the Marvel Universe, aims to introduce you to the neurosurgeon, played by Benedict Cumberbatch, who goes from saving lives to saving planets.

Trauma surgeon Dr. Palmer is his ex-girlfriend but still a constant in his life, and later, when things get mystical, his anchor



Rachel McAdams, left, and Benedict Cumberbatch in a scene from Marvel's Doctor Strange. JAY MAIDMENT/DISNEY/MARVEL VIA AP

to the real world.

"It's a much less typical love trajectory," she says of their connection. "I think because we had so few scenes to establish our relationship it was a better jumping-off point. We had a lot more subterranean life and a much richer history for the characters."



MOVIE RATINGS by Richard Crouse

Doctor Strange	★★★★
Trolls	★★★
Hacksaw Ridge	★★★
Gimme Danger	★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

In the comic books Christine Palmer is a very different person than the one McAdams brings to life on the screen.

"She is an amalgamation of a couple of characters," she says. "It gave us a lot of creative freedom. We were inventing something."

"I kind of looked at the comic books more for the flavour of the

world and Doctor Strange himself and less so for my character."

McAdams's nurse mother may have helped the actress access the emotional side of playing a doctor, but what about the practical stuff, like tying a suture?

"This great neurosurgeon we had on set with us taught us how to sew up a raw turkey breast," she laughs. "I guess it's the closest thing to a real live human being, poor turkey. Then I used oranges, which were easier to carry in my purse. Better smell too. I also had a fake head to practice on."

"It was kind of like knitting. I would take the suture stuff around, put it on a light stand while we were shooting and practice. I still have sutures on my doorknobs. I haven't gotten around to cutting them off yet."

The result of all her work is a movie she calls "an ambitious film on the page that I think ticks a lot of those boxes people are hoping for when they go see a big, blow-out Marvel film. There's also a quiet deep emotion that runs through it."

"I find it hard to get swept away by a film I am in," she adds, "because I look at it differently, but I actually jumped at one point in my own scene. My friends were laughing. 'You knew that was coming!' I know, but I was wrapped up in it."

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Psychedelic trolls search for happy place

ANIMATED FILM

Characters, backstory of '70s dolls come to life on screen

Richard Crouse
For Metro Canada

Anyone who grew up in the 1970s will remember The Trolls. The vinyl creatures with DayGlo Eraserhead coifs and big goofy smiles invaded pop culture, decorating everything from rearview mirrors to teen's bedrooms.

Unlike modern-day Internet trolls, these creatures were joyful, hug-happy little things with more personality than your average Pet Rock and a ubiquity that made them one of the symbols of a kinder and gentler time.

Then they, like other '70s fads such as disco music, streakers and Gee Your Hair Smells Terrific shampoo, faded into obscurity, banished forever to the retro section of your local junk shop.



The new animated adventure, *Trolls*, comes from the makers of *Shrek Forever After* and *Mr. Peabody & Sherman*. CONTRIBUTED

Now they're back in *Trolls*, an animated adventure from the makers of *Shrek Forever After* and *Mr. Peabody & Sherman* that aims to spread some cheer amid a fraught election season.

Co-director Walt Dohrn says he hopes the film's message of optimism in the face of adversity will be "an antidote to the madness of the world."

"When Walt and I set out to make this film," says co-director Mike Mitchell, "we did want to

make a film about happiness because the news and the media is so scary. And not just for kids, adults too. The Internet is so judgemental and snarky."

"The world is kind of a difficult and dark place," adds Dohrn, "so putting something out there that talked about happiness, where it comes from, what happens when you lose it..."

"...will get people discussing the power of a positive attitude

and happiness," says Mitchell, finishing his friend's sentence. "I'm hopeful this will start a trend of, 'It's OK to be happy. It's cool.' Especially with this clowny, weird election going on."

Trolls the movie is as eye-popping as the psychedelic creatures that inspired it.

Mitchell and Dohrn have made a movie that is possibly the weirdest and most colourful kid's entertainment since

H.R. Pufnstuf. They had the freedom to do so because the beloved 1970s toy Trolls came with no backstory.

"That's what was cool about working on this," says Mitchell. "Even though these Trolls had been around forever and ever, there was no story, no mythology to it, so Walt and I got to make a whole world. We could create a whole new world you've never seen before, create whole new characters."

They created a realm where the Trolls (voiced by Anna Kendrick, Justin Timberlake, Zooey Deschanel, Russell Brand, James Corden and Gwen Stefani) make a daring escape from the Troll Tree in Bergen Town. The Bergens are snaggletooth ogres, as miserable as the Trolls are joyful. True happiness for the glum townies only comes from eating Trolls, obviously a huge problem for our heroes.

"Walt and I are huge fans of old fairy tales," says Mitchell on the inclusion of the Troll-eating Bergens, "and those stories always had someone going down, having their heart taken out."

"We're finding the younger viewers don't have a problem with it," says Dohrn. "It's the parents trying to protect them."

The cheerful co-directors finish one another's sentences and have a camaraderie that suggests they have taken the movie's message of friendship to heart.

"He's an optimist and I'm a pessimist," says Mitchell. "That's kind of how we approached directing this film. We had a balance. In making it I discovered the power of a positive attitude."

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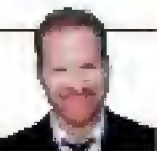
Just for laughs Live

Robinson takes a dramatic film turn

ACTING

Funny guy stars in Morris From America

Steve
Gow
For Metro Canada



Craig Robinson may have finally grown fed up with being funny.

It's not that the actor, known primarily for comedic turns in television shows like *The Office* or such big-screen hits as *Hot Tub Time Machine*, is no longer funny himself. In fact, the Chicago-born talent is naturally good-natured even as he discusses a new desire for dramatic roles.

"There is so much room to breathe on the dramatic side. You get to take your time a little bit more. Comedy is like get in there — get in, get out," said Robinson during a recent interview to promote *Morris From America*, the new film that is earning him accolades for a more measured performance.

"It's been nice, man. I'm



Craig Robinson, known primarily for his roles in comedy films and television shows, plays a widowed father in the new drama *Morris from America*. CONTRIBUTED

really looking forward to really losing myself to the next dramatic character."

Morris From America may not be a staunch drama, but the indie film definitely fea-

tures darker elements and an unorthodox tone for a comedy. A simple coming-of-age tale about an American teenager and his widowed father living in their adopted German town

focuses less on madcap antics involving culture disparity and language mix-ups and more on the melodrama of human connection and prejudice.

"People ask what do you

MOVIES

The Next Adventure

Robinson is currently filming a 10-episode series called *Caraoke Showdown* where he picks up unsuspecting contestants who discover they're on a game show. "Just imagine *Cash Cab* mixed with *James Corden*," said Robinson.

Not Too Different

"I was intrigued by the challenges that the script presented," said Robinson of *Morris From America*. "I wanted something a little different but not too different. Because there's some comedy in there but also some heart."

On Mr. Robot

After seeing Robinson in a preview for *Morris From America*, *Mr. Robot* creator Sam Esmail gave the actor a recurring role in the hit series last season.

want people to take away from this movie and that's exactly what I say — we're all on the same team," said Robinson. "We can do much more when we work together; one thing I really liked about my character (was) he doesn't let the small things get in the way of the big things."

Neither did Robinson in taking on *Morris*. Although he didn't speak a word of German prior to the movie, the star overcame his fears and

embraced a chance to study the Deutschland dialect.

"I don't know how long it took (but) I knew I wanted to get it down," recalled Robinson. The 45-year-old admits "getting a taste" of a more dramatic challenge has left him wanting more.

"I am looking for stuff a little different that really stands out and really showcases things I can do," said Robinson. "And things that I don't know I can do yet."

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Exploring Queen Elizabeth II's legacy

STREAMING

Netflix's *The Crown* breaks budget to retell royal history

Playing young Princess Margaret in Netflix's high-budget Royal Family saga *The Crown* carries with it a certain responsibility.

Vanessa Kirby wanted to ensure she got the part right, so she undertook a research marathon that spanned every scholarly text and salacious tabloid page-turner she could dig up on the Queen's sister.

"I have to say the (tabloid) one was particularly useful," Kirby admits.

"(They) got first-hand accounts from people that were in the rooms with her, from butlers to friends — they all come out of the woodwork eventually."

Stepping behind the closed doors of Buckingham Palace is the lure of *The Crown*, which debuts Friday on Netflix. The 10-episode first season of the series recounts the early years

of Queen Elizabeth II, starting with her wedding day in 1947.

Kirby says her self-assigned reading list helped her understand Princess Margaret's personality, but she eventually had to reckon with the divide between factual books and TV's fictional tale.

"You think, 'Am I trying to be this person or trying to embody the spirit, soul and essence of them?'" she says.

Actor Jared Harris, former star of *Mad Men*, says playing King George VI came with its own challenges. He decided to channel his own version of the man, rather than attempt to replicate history to a tee.

"All that research is intrinsically helpful as long as it fires the imagination," Harris says.

"My attitude to these things is you're not doing the real person, you're doing the writer's version."

The Crown was created and written by Peter Morgan, who previously won praise for bringing an even-handed humanity to the Royal Family in *The Queen*, the 2006 film that won Helen Mirren an Oscar in the title role.

Here Morgan gets a bigger



Claire Foy, centre, and Matt Smith, right, in a scene from *The Crown*, premiering Friday.

THE ASSOCIATED PRESS

canvas to explore the Royal Family and how its modern day legacy came to fruition.

The Crown is reportedly the most expensive Netflix original

series produced to date. Sections of Buckingham Palace were painstakingly rebuilt inside England's production hub Elstree Studios, while location

filming spanned the United Kingdom.

Producers scoured the region for the most cinematic country houses and old estates to

substitute for famous places like the Queen's Sandringham Estate and Balmoral castle, the Royal Family's Scottish holiday home.

But Harris, who also starred as Prof. James Moriarty in the 2011 film *Sherlock Holmes: A Game of Shadows*, says with only so many historical spaces to film in, he sometimes felt a sense of déjà vu while shooting *The Crown* on location.

One day, Harris realized he was standing in the same lavish space he tread years before as Moriarty, Holmes's famous adversary.

"I looked (around) and went — 'This is Moriarty's office!'" he laughed.

Diving into royal history left both actors with differing attitudes towards the public's obsession with the infamous family.

Harris ponders how the "mystery of the crown" keeps people entranced with every kernel of gossip. Kirby has taken a more vested interest in the fodder.

Before "I was apathetic," she says. "Now I'm completely obsessed with all their lives."

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Feds promise to introduce an air passenger bill of rights

Hillary Clinton and Donald Trump will both be in New York City on election night, forcing the attention of the world on the Big Apple. If you want to be in the centre of the action, here is Metro's look at the key spots to watch history — or infamy — in the making.



(POLITICAL) PARTY CENTRAL

Eva Kis
Metro | New York



After 18 endless months, Election 2016 all comes down to one night. If you don't want to sit at home with Twitter for this one, head to New York City, where both Hillary Clinton and Donald Trump will be Tuesday night, and get to a party as memorable as this campaign.

Political Party with Keli Goff

Find intelligent banter and cocktails at The Greene Space, where WNYC's Political Party host Keli Goff will gather some of her best informed, funny friends for a night of live commentary

and analysis. And because this is the smart, cool kids' party, there will be games like political bingo and trivia to score rad public radio swag. \$20, 7 p.m., 44 Charlton St., thegreenspace.org

Headcount's Soundtrack to History

That ominous drumbeat that's been following us around for 18 months just won't do on Nov. 8. At Brooklyn Bowl, Everyone's Orchestra is bringing together nine of the city's most politically attuned musicians from bands like Big Gigantic and Disco Biscuits for a night-long jam session that "interprets" the results, which you can watch roll in on every screen at the venue.

\$25-\$250, 8 p.m., 61 Wythe Ave., Brooklyn, brooklynbowl.com

Election Night at Village Pourhouse

Like the closing minutes of an eBay auction, this election cycle has only gotten more intense the closer we get to the finish line. Take out your frustrations at Village Pourhouse by swinging at Trump or Clinton pinatas for a chance at prizes like a free tanning session (at least it won't turn you orange), plus take your own battle-royale pics in masks of both candidates. Specialty cocktails include the Donald Drumpf and Secret Server, all just \$8 from 8 to 11 p.m.

Free, 64 Third Ave., villagepourhouse.com

Put it on ice

Wolf Blitzer's holograms have

nothing on The Rink at Rockefeller Center, which will become Democracy Plaza with a map of the U.S. projected onto the ice and painted with light as states turn blue or red for the candidates. Watch the action from a front-row seat inside the (heated) Rock Center Café, where TVs will also be showing the election coverage, with cocktails inspired by the candidate of your choice (plus the Undecided, all \$12) and a \$39 three-course prix-fixe campaign-themed dinner. Free, 20 W. 50th St., rockcenter-cafe.com

Election Night at Professor Thom's

The candidates won't be the only ones winning on election night at Professor Thom's. Head upstairs for all the election action you can eat and

drink: Every time a state is called, the wheel of specials will spin to reward all in attendance with a new deal, like BOGO drinks and 25-cent wings. Free, 219 Second Ave., professorthoms.com

Political Sub-versities

Between a hip-hop improv troupe, a social-justice comedian, a mentalist and the associate editor of Reductress, someone is bound to have an opinion on every moment of the night. This impromptu evening of fun at Littlefield brings together a lineup of unconventional observers to turn election night into the political party of the year. \$10-\$15, 7 p.m., 622 Degraw St., Brooklyn

Election 2016 Viewing Party: The Apocalypse!

We've certainly had our differences this campaign season, so set them aside at The Hill. Networking guru David Shapiro wants everyone to toast the end of the acrimonious campaign while meeting some new people over good food, specials, an election-themed drinking game and raffle prizes in the bar's upstairs lounge. Insults will cost you a drink for the person you got snippy with, so be cool and enjoy specialty cocktails like The Combover after grabbing your free beer, wine or well drink included in the ticket price. \$10, 416 Third Ave., 7 p.m. to 12 a.m., eventbrite.com



NATIONAL PARKS

Gaze into other galaxies from Jasper Planetarium

In Jasper, you can come for the snow sports and stay for the skywatching. You may even spot a sasquatch.

At the Jasper Planetarium visitors can take in a digital light show of constellations amid local landmarks, then troop outside and marvel at celestial sights set against one of the darkest backdrops in the world.

"There are details in things that I've seen here that I've never seen before. Details in galaxies and nebulae that I've strained to see in other places,"

There are details in things that I've seen here that I've never seen before.

Peter McMahon, astronomer-in-residence

said Peter McMahon, Jasper's astronomer-in-residence.

Looking through a bank of telescopes, including a 136-kilogram monster, would-be Galileos can spy the Northern Lights, clusters of galaxies, stars being born below the Orion Nebula, the cloud tops of Jupiter, the rings of Saturn, and flames exploding off the

surface of the sun. If it's cloudy, they can listen to the magnetic fields of Jupiter.

Jasper National Park was designated a star-gazing preserve by the Royal Astronomy Society in Canada in 2011. Ninety-seven per cent of the park is wilderness, free of light pollution. On the nine-point Bortle scale, Jasper is a one

or a two, compared with, say, incandescent Toronto, which would be a nine. The designation has led to the creation of the Jasper Dark Sky Festival, an annual celebration of things celestial, and then, last year, the Jasper Planetarium.

The planetarium itself is an inflatable dome that seats 35 for a digital-projection show of constellations set against local landmarks.

The show includes the constellations identified and named by Canada's indigenous people, with names like Beaver,

Star Chief, Loon, Goose, Wolf, Turtle, Spirit World and even one named Bigfoot.

"As far as we know we're the only planetarium in the world that has not only the constellations of the First Nations that would have been in this area since before recorded history, we have the only set of aboriginal constellations that fills the entire sky, where you can say this is the Ojibwa version of Cassiopeia, or this is the Cree version of Orion, for example," said McMahon.

THE CANADIAN PRESS



Visitors can take in a digital light show, then go outside to see the real thing. HANDOUT

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ENGLAND

Liverpool's independent scene comes together

Tamara Hinson
For Torstar News Service

There's no denying Liverpool One has everything you could want in a city. Liverpool's massive retail and entertainment complex has bars full of soccer players celebrating bulging pay packets, glossy department stores and packed nightclubs.

But dig a little deeper and you'll find a blossoming independent scene. It's one with less bearded, full-sleeved hipsters than similar scenes in other U.K. cities and more of a shout-it-out-loud passion for independent, grassroots enterprise.

And it's a scene which owes its success to friends David Williams and Oliver Press.

"The fourth Tesco and third



In Liverpool, street art can be found on the walls and parking spaces alike. TAMARA HINSON/FOR METRO



Costa Coffee had opened within a square mile of where we lived," recalls Williams, a 25-year-old born-and-bred Liverpudlian. "We had to do something."

The pair started a blog about

Liverpool's independent businesses, and, in 2013, they launched Independent Liverpool, where members sign up for an Independent Liverpool card that provides access to discounts at 100 (and growing) local, independent businesses.

"What we love about Liver-

pool's independent scene is that it's not pretentious," Williams explains. "It's exploded in the last five years and every week there's something innovative happening. It's always been a city of rule breakers and risk takers, and this creates the perfect environment for an independent

scene to thrive."

In the Baltic Triangle, Hipster-filled cafés squeeze alongside grimy warehouses (and I mean warehouses in the true sense — not ones converted into nightclubs or bars or coffee shops). But I found a few gems, including the Hobo Kiosk. I noticed this tiny second-hand store because of the wooden chair attached to the outside wall, metres off the ground. Inside, I found haphazardly-stacked piles of rare teen annuals dating back to the '60s, lovingly polished vintage sweet tins and fantastically kitsch homeware.

Unlike the Baltic Triangle, the nearby Ropewalks area's ascension to coolness is definitely complete.

"The Ropewalks is Liverpool's independent mecca," Williams tells me. "It represents Liverpool's past, present and future and radiates the buzz of the city."

So-called because it was once home to the ropemakers whose main business came from the ships calling in at Liverpool's docks, the area comprises several long, straight streets adjacent to each other. Legend states they

were designed this way because the tradesmen needed to lay out their lengths of rope.

The streets are filled with independent businesses: galleries, bookshops and record stores. One of my favourites is Leaf on Bold Street. Inside the spacious, airy café, a huge light installation declares: "Where there's tea there's hope."

It's incredibly homely, with frilly lampshades, enormous sofas and a menu listing 60 types of tea. Homemade cakes are displayed under ornate glass lids.

One afternoon, I take a shortcut and find myself staring at an enormous mural — a smiling woman rising up out of a fish-filled expanse of water. It covers the entire side of a building which faces onto a car park.

But my companion then points out another piece of street art. Every single one of the car parking spaces has been personalized, with names — Earl, Betty, Bob and Iris, to name a few — painted neatly in bright white paint.

Tamara Hinson's trip was sponsored by Marketing Liverpool.

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TRAVEL NOTES LEGOLAND, HERITAGE AND FINALLY FERTIG



THE ASSOCIATED PRESS

Legoland becomes first brick in Dubai's southern expansion

A massive complex of amusement parks planned in the southern desert of Dubai has opened its first park, a Legoland, complete with models of sheikhdom's architectural wonders.

The city-state hopes to develop the desert on the road to Abu Dhabi ahead of hosting the 2020 World Expo.

Dubai already has plans to one day handle over 200 million passengers a year at the nearby Al Maktoum International Airport at Dubai World Central.

THE ASSOCIATED PRESS



ISTOCK

Group hopes to preserve heritage of Yangon, Myanmar

A Yangon historic-preservation group says Myanmar's largest city and commercial capital is facing its "last best chance" to save many crumbling architectural treasures dating back to the days when Myanmar was the British colony of Burma.

The Yangon Heritage Trust recently proposed a heritage strategy for Yangon, outlining a vision for making the Southeast Asian city more livable, modern and affordable while preserving its unique landmarks and neglected green spaces.

THE ASSOCIATED PRESS



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Spectacular new Hamburg concert hall completed

A spectacular new concert hall overlooking Hamburg's harbour has been completed, several years behind schedule and far over the original budget. Lights in the Elbphilharmonie concert hall's facade spelled out the word "FERTIG" — "COMPLETED" — after construction company Hochtief handed the keys to the Mayor. The first concert is scheduled for Jan. 11. The Elbphilharmonie, with a wave-shaped roof and spectacular glass facades, was built on top of an ex-coffee warehouse.

THE ASSOCIATED PRESS

Ovechkin dishes out Capitals punishment

NHL

Russian star's second goal of game makes losers of Jets

Alex Ovechkin scored his second goal of the game in overtime, and the Washington Capitals blew a three-goal lead in the third period but regrouped to beat the Winnipeg Jets 4-3 on Thursday night for their fourth consecutive victory.

The Capitals took a 3-0 lead on goals by Nicklas Backstrom, Ovechkin and T.J. Oshie, only to see it evaporate.

Tobias Enstrom, Adam Lowry and Marko Dano scored in a nine-minute span for the Jets to tie it.

It was the third time in 11 games this season Winnipeg overcame a three-goal deficit in the third period to force overtime.

Braden Holtby stopped 24 shots to beat the Jets for the second time in three days.

Winnipeg starter Michael Hutchinson made 28 saves.

While building a 3-0 lead on goals scored from 11, 13 and 12 feet out, the Capitals looked to be in total control. They had 18 shots to the Jets' five in the second period, but miscues made things interesting in the third.

Holtby came out to try to poke the puck away and missed,



The Capitals' Alex Ovechkin celebrates after scoring in overtime against the Jets in Washington, Thursday. PATRICK SMITH/GETTY IMAGES

THURSDAY In D.C.

4	3
CAPITALS	JETS

and as teammate John Carlson flipped over him, Enstrom was

able to flip the puck into an empty net for a short-handed goal. It was Enstrom's first goal since Feb. 25.

Lowry scored off a play orchestrated by All-Star Dustin Byfuglien a few minutes later, and Dano tied it with less than nine minutes remaining to make an impression in his season debut.

Kyle Connor hit the post behind Holtby with 1:26 left, as the Jets came that close to winning in regulation.

But the Capitals picked up the extra point thanks to Ovechkin's one-timer during 3-on-3 play 3:21 into overtime. The goal was Ovechkin's sixth of the season.

THE ASSOCIATED PRESS

CFL

Redblacks offer up B-team to Bombers

The Ottawa Redblacks would love nothing more than to close out the regular season with a victory, but not at the expense of playoff success.

As a result, Ottawa will have 10 new starters in its lineup on Friday night when the Redblacks host the Winnipeg Blue Bombers at TD Place, the regular-season finale for both teams.

After clinching first place in the East last weekend with a 23-10 victory over the Bombers (10-7-0) to earn a bye to the East final, the Redblacks (8-8-1) are taking advantage of a game that, by all accounts, is meaningless.

Following last week's game Ottawa had 31 players in the training room and as such the

Redblacks want to give its starters as much rest as possible before the Nov. 20 East final. Should Ottawa lose it would mark the first time a team wins the East Division with a losing record.

“

I feel very confident in what I'm doing and I'm very excited to play.

Redblacks QB Brock Jensen, who will start Friday

“We just want to make sure we're smart,” said Redblacks head coach Rick Campbell. “This is a big game for us, but the money is on Nov. 20. That's the big game

for us and we want to make sure we're as healthy as possible for that game.”

With quarterbacks Henry Burris and Trevor Harris on the sidelines Brock Jensen will get his first start in the CFL.

THE CANADIAN PRESS

IN BRIEF

Chicago plans World Series title parade for Friday

The city of Chicago plans to honour its World Series champion Cubs with a parade and rally on Friday.

The celebration will start about 10 a.m. when the official parade leaves Wrigley Field for downtown Chicago.

The rally and parade come two days after the team won its first World Series championship in 108 years. Chicago beat Cleveland 8-7 in Game 7. THE ASSOCIATED PRESS

Man United offence falters against Fenerbahce

Manchester United's attacking problems continued as it lost to Fenerbahce 2-1 in the Europa League on Thursday, leaving it at risk of a group-stage exit.

United beat Fenerbahce 4-1 at Old Trafford a fortnight ago, but arrived in Turkey after drawing with Burnley 0-0, during which it dominated and had 37 chances. THE ASSOCIATED PRESS

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Simmerling 'stronger' in return

SKI CROSS

Rio bronze medallist sets sights on slopes after injury



Vincent Man
Metro | Canada

Georgia Simmerling isn't your typical athlete.

In fact, she is like no other Canadian Olympian.

The 27-year-old from West Vancouver has the distinction of being the only Canuck to have competed in three different sports at three different Olympics.

She achieved that feat in August at the Rio Games, where she won a track cycling bronze medal with teammates Allison Beveridge, Kristi Lay and Jasmin Glaesser in the women's team pursuit.

"It was an amazing experience."

Simmerling recently told Metro. "Crossing that finish line with my teammates was truly the best feeling of my life."

Track cycling in balmy Rio is quite the contrast from Simmerling's other Olympic appearances. Her debut was in alpine skiing at the 2010 Games in Vancouver where her best result was 27th in the Super-G. Four years later, she placed 14th in ski cross in Sochi.

What does it say about her to shift from sport to sport and still hang with the world's best?

"That I'm stubborn," Simmerling said snickering, "and that I like to accomplish challenging tasks. As ski racers we work so hard in the off-season to be the strongest, fastest athletes we can be. I thought to myself, 'Why not tackle this and be a world-class cyclist?'"

Since Rio, Simmerling has traded her bike for skis on which she has raced her way to five career World Cup ski cross podiums.

She has yet to race since January 2015, however, when she crashed and shattered her wrist in seven places.

"S-t, that's ski cross," Simmerling said of the wreck in which she flew over the protective netting.

"There's a moment when you know it's not going to end well. You just say 'F, let's just come out of this the best we can.'"

Though she had her arm in a splint, she didn't lay restless. Within a week of surgery, she was already training on a stationary bike preparing for her pre-planned transition into cycling.

Simmerling spun the injury into a positive.

"I really believe it's how you come out of those injuries that defines you as an athlete," she said. "I've been through a lot of injuries and I've come out of them, I believe, stronger both mentally and physically."

"It's a time to reflect and to really see if you want to go through the rehab... I think it often fuels the fire and creates a burning sensation to get back out there."

Simmerling recently endured a five-week camp — her first taste of the mountains since the injury — and feels she's at her best.

"I had no confidence on Day 1 getting back on my skis," Simmerling said. "I saw my confidence grow every single day. I had very low expectations of myself getting back on skis because I had taken 20 months off skiing which is a very, very long



ALPINE CANADA

time. I think my coaches and I checked all the boxes needed for me to be back as quick as possible... working my way back on the ski cross course flying 50, 60 feet in the air and being comfortable doing that.

"We checked off all those boxes and I think I'm on my way to having a very successful season."

The World Cup season kicks off next month in Val Thorens, France, where Simmerling's best result was a second-place finish.

Simmerling, who describes herself as "a very here and now person," isn't overlooking the World Cup season but does have a return to cycling in her future.

goals. But what about competing at the Olympics in a fourth sport? "Definitely not," she said. "I plan on going back to cycling, but plans change and you have to roll with the punches. Who knows what will happen between now and then?"



The West Vancouver native recently won bronze in women's team pursuit cycling at the Rio Olympics.

CHRISTIAN PETERSEN/GETTY IMAGES

Georgia Simmerling was ranked second in the world during the 2014-15 World Cup ski cross season.

LAURENT SAILLO/AGENCE ZOOM/GETTY IMAGES

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RACECAR DRIVING

Canadian teenager promoted to F1

He doesn't yet have his regular road driver's licence, but 18-year-old Quebecer Lance Stroll was named Thursday to the Williams lineup for the 2017 FIA Formula One World Championship.

Stroll will be the youngest driver in F1 racing next year and the first Canadian on the grid since 1997 world champion Jacques Villeneuve left F1 a decade ago.

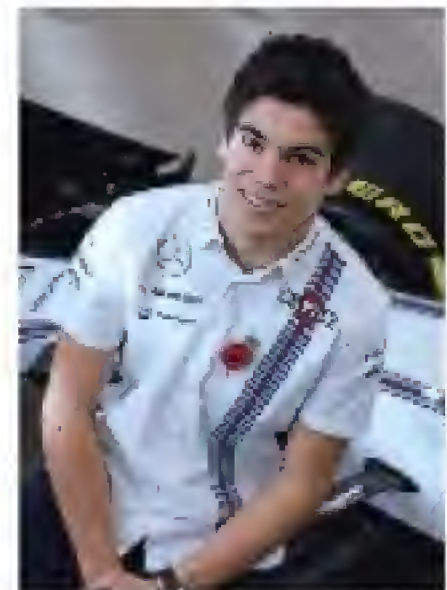
He will replace the retiring Felipe Massa to team up with Finnish driver Valtteri Bottas.

Stroll dominated this year's Formula Three championship, winning the series by more than 100 points.

"I want to look at it like I'm starting from zero again," Stroll told reporters during a news conference in England. "What happened this year happened this year."

"I'm going to have to learn a lot of new things for next season. I'm a rookie; I'm going to make mistakes, going to learn in many areas and I'm looking forward to that."

Stroll, who becomes the sport's youngest driver since Max Verstappen made his



Lance Stroll
ADRIAN DENNIS/APP/GETTY IMAGES

debut last year at 17, said he would like to get his regular road permit before the first race of the season.

"When we're looking at choosing a race driver, he has everything," said Claire Williams, deputy team principal of Williams Formula One racing team. "He has the talent in the cockpit, he's intelligent, he gives great feedback to the engineers."

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

RECIPE Pumpkin Cardamom Waffle



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

- 2 eggs
- 2 Tbsp oil
- 1 Tbsp maple syrup
- 1/4 cup pumpkin purée

Directions

1. Preheat your waffle iron.

2. In a large mixing bowl, whisk flour, baking powder, salt and cardamom. Stir in milk, butter, eggs, oil and maple syrup. Mix in pumpkin.

3. Coat waffle iron with oil or nonstick spray; repeat if necessary between batches. Follow the waffle iron's instructions for cooking.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 1 1/2 cups spelt flour
- 3 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp ground cardamom
- 3/4 cup milk
- 1/2 cup buttermilk

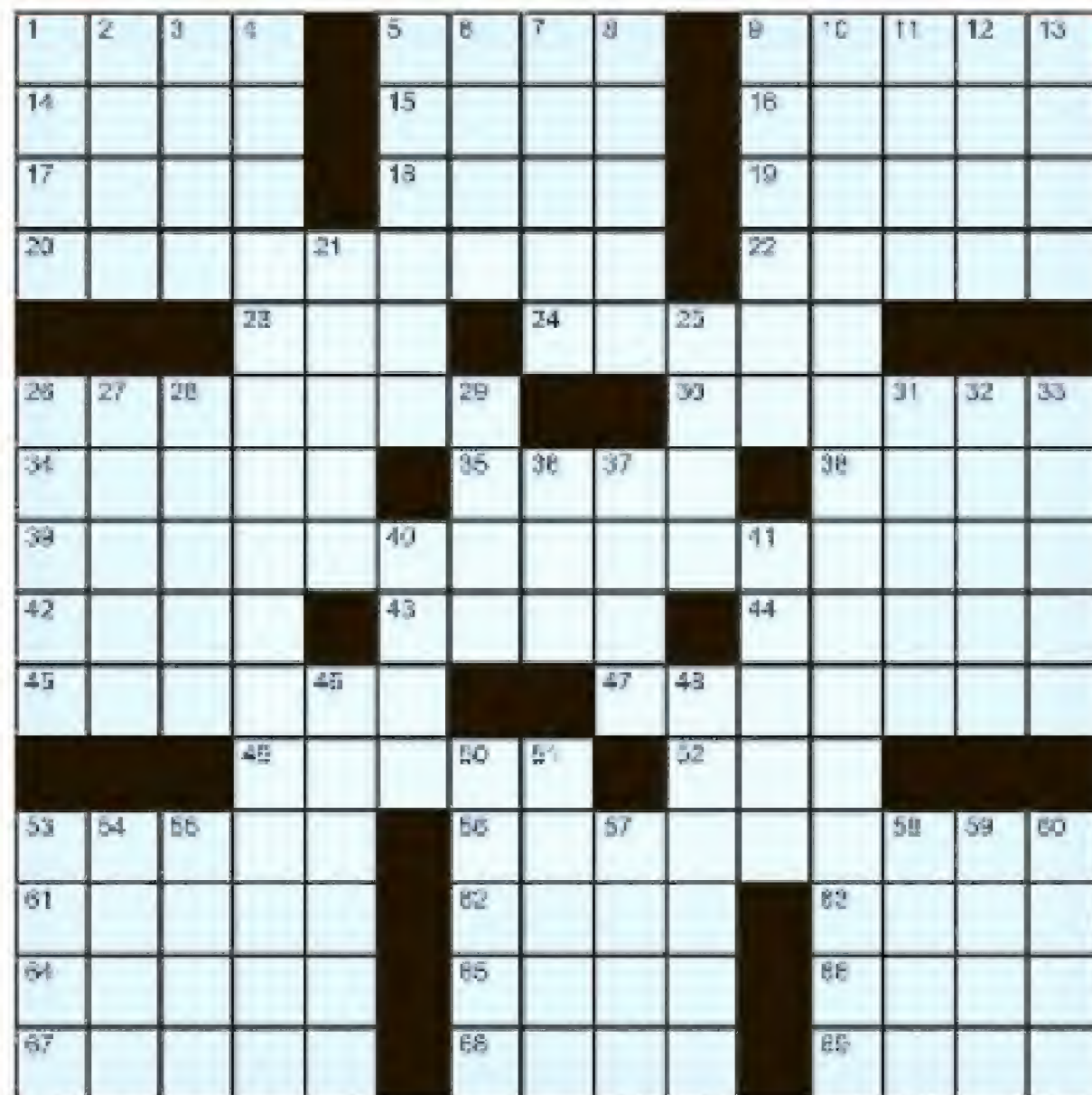
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Put on ___ (Become shirted)
- "Cast Away" (2000) transport
- Will ___ (Ladner, British Columbia born actor... more at #39-Across)
- Extinct bird
- Folky Mr. Guthrie
- More right-sounding
- Seed covering
- Circle meas.
- Payment proofs, puny-ly
- Prime Minister William Lyon ___ King (b.1874 - d.1950)
- "___ be expected..." (No big surprises)
- 'Lemon' suffix
- Ms. Lake of showbiz
- Prospector's lucrative discovery: 2 wds.
- Alcove
- "The Kid ___ Tonight" by Loverboy
- Susan Aglukark's "___ Na Ho (Celebration)"
- Nero's 152
- 2012 comedy in which #9-Across' character was curly: 3 wds.
- 1896 A.E. Housman poem, ___ Athlete Dying Young
- L___ aux Meadows (Newfoundland attraction)
- Discharges
- Pressure
- Smokey sight
- "Hallelujah" by



- Leonard ___
- Director Mr. Grosbard
- Schmoes
- "How's the agenda looking after this?": 2 wds.
- Love poetry Muse
- "Before ___ you go..."

- (One more thing...)
- "Woe ___!"
- Clown in the opera Pagliacci
- Roman ruler
- ___ Highway
- Commuter's payment
- Smile
- Cravings

DOWN

- Rock star Mr. Duritz
- Afghanistan's ___ Bora
- Relating to lyric poetry
- Fozzie Bear's fashion accessory on "The Muppet Show": 3 wds.

- Sketch star Gilda
- Tucson, ___
- Decorative dash
- Oscar-winner Marisa
- Union action
- For example... Carcross or Whigley or Bathurst Inlet: 2 wds.
- Informally dines

- Cobblestone
- Approximately: 2 wds.
- Mother on "All in the Family"
- 'Demo' suffix
- Brad's of Hollywood
- "Give it ___!" (Try!)
- "The Beverly Hillbillies" theme song closer: "Y'all come back now, ___?"
- So
- Port __, Ontario
- Seven, in Spain
- Ms. Spacek
- 'Loon' add-ons (Canuck dollars)
- Itsy-bitsy bit of a min.
40. Foolhardy
- Trompe l'___ (Visual illusions)
- "Must you leave ___?" (Can't you stay a bit longer?)
- Lauren or Timothy
- Bobby or Pam on "Dallas"
- Vancouver Canuck, e.g.
- The Blackhearts singer Joan
- Slangy suffix to 'Stink'
- Grade
- Prefix to 'ferous' (Conveying air)
- 'Convul' suffix (Recoverate)
- Comics: Wolverine, for one
- Money... Twenty = Two __

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Surprise opportunities to travel will fall in your lap today. Act fast, because this window of opportunity is brief.

Taurus April 21 - May 21
Today you can benefit from the wealth and resources of others. If someone offers you something like a gift or a favor — take it. You deserve it.

Gemini May 22 - June 21
Someone close to you might make an unusual suggestion to do something different. Why not say "yes"? You are a curious sign and love to learn anything new and unusual.

Cancer June 22 - July 23
Unexpected praise or a raise might delight you at work today. Something positive will happen. Be prepared to act on it.

Leo July 24 - Aug. 23
Surprise invitations to social events will please you today. Likewise, an unexpected flirtation could make your heart go pitter-patter.

Virgo Aug. 24 - Sept. 23
Surprise company might drop by today. Or you might spontaneously decide to entertain at home. Be on the lookout for unexpected real-estate opportunities.

Libra Sept. 24 - Oct. 23
Spontaneous short trips and chances to see new places and meet new faces will please you today. One thing is certain — it's not a boring day!

Scorpio Oct. 24 - Nov. 22
Unexpected opportunities to boost your income exist today. This might be a new job or ways to make money on the side. You also might buy something for yourself that is artistic, modern or high tech.

Sagittarius Nov. 23 - Dec. 21
Because this is a good time to shop for wardrobe items, you might suddenly discover something you really like. Likewise, a social invitation will please you. T

Capricorn Dec. 22 - Jan. 20
Something hidden or behind the scenes will please you today. It will be like a treat that you did not expect to encounter. You'll feel younger and excited.

Aquarius Jan. 21 - Feb. 19
A friend will do or say something that catches you off guard today, but you will like it. Some of you will meet someone new.

Pisces Feb. 20 - March 20
You might develop a crush on your boss today. Or possibly, someone in authority will say something positive about you. This is a good day to ask for permission for something unusual.

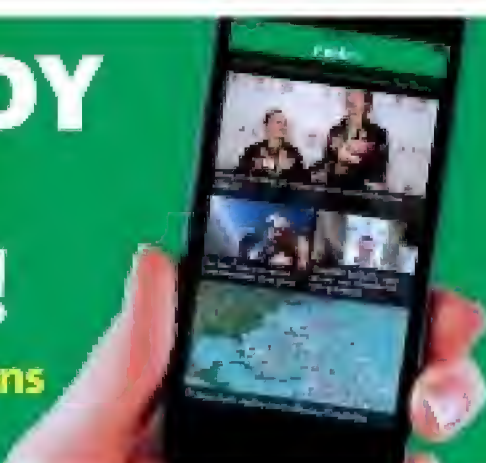
CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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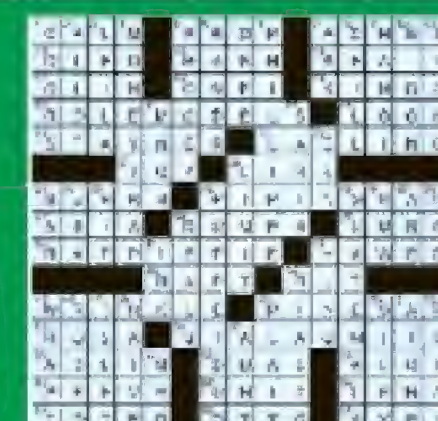
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7	3	9	8	5	4	6	2	1
8	5	2	7	6	1	4	9	3
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5	8	1	3	4	7	2	6	9
3	9	7	6	2	8	5	1	4
6	2	4	1	9	5	7	3	8

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